

# Banners Gate & Parklands Community & Neighbourhood Forum 145<sup>th</sup> April 2021

bannersgateneighbourhoodforum.com

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If I may crave your indulgence for a moment: I do not know if **HRH Prince Philip**, **The Duke of Edinburgh** did anything personally for you, but for me he created the **Duke of Edinburgh's Award**. It started in September 1956 and I joined two years later.

After school I wanted to go to Loughborough Training College, considered the best in the country, and I am quite convinced that my DofE Gold helped my application. It also gave me the opportunity to meet Sir John Hunt, (who had hands like shovels) the leader of the first team to conquer Everest, who presented the DofE Silver at Abercrave Boys' Club. The changing needs of society caused serious financial difficulties in the 1980s and the club was sold. St James Palace was the location for the DofE Gold presentation and that was where I came face to face with the Duke of Edinburgh. "Where did you go for your expedition?" he asked. "Exmoor, Sir." I replied. "What was the weather like?" I said that it had been raining heavily for weeks and it had turned Exmoor into a giant bog, making us soaking wet for five days. He threw his head back and laughed for what seemed an embarrassingly long time. When I left Loughborough, following on from the DofE it seemed appropriate to do something similar. So I went to Borneo, teaching Maths for a year, with VSO. (Voluntary Service Overseas, was also for seniors and retirees but is preparing to wind down its UK operations in the wake of cuts to the government's foreign aid budget.)
Volunteering is habit-forming, I have been doing it for over 60 years, meeting great people, picking up many skills and passing on most of them, I hope. See page 21 for more information on the DofE.



Kath Scott: Dear Readers

It's starting to feel a lot like Summer is on its way; lockdown restrictions are being eased, the sun is out and all feels

rather positive.

Speedwatch & Streetwatch are now back up and running, although with some restrictions. Get in touch with our local PCSO Satpal

(<u>satpal.singh@west-midlands.pnn.police.uk</u>) if you want to become a member.

It's a great way to meet your neighbours, go for a little exercise and do something positive for the community.

Primary School place offers came out mid-April and there appears to be some shortage of local reception places. If you are affected by this issue and need some advice or support, please contact me. kath.scott@birmingham.gov.uk

BOOK LOVERS: three recent reads: *My grandmother sends her regards and* 

apologies: Fredrik Backman

A lovely story of a lonely girl, whose best friend, her grandmother, passes away leaving her with a mystery to solve. A beautiful story of love, kindness for others, and some extraordinary, unusual & kindred spirits who help heal a grieving young girl.

Shuggie Bain: Douglas Stuart
A heart-breaking portrayal of a young boy
(Shuggie) and his alcoholic mother. How her
lifestyle affects Shuggie & his siblings is a stark
portrayal of living with a single mother, alcoholism,
poverty and desperation.

Eleanor Oliphant Is Completely Fine: Gail Honeyman

I read this book a long time ago, a truly, truly lovely read. If you don't fall for Eleanor, I'll eat my hat! Eleanor is a broken human being, lonely and very different from her peers and work colleagues. A book about the damage others can do to the innocent and how to survive & thrive beyond that.

Cllr Kath Scott Kath.scott@birmingham.gov.uk



Jan Cairns:

DISABILITY RECOGNITION CERTIFICATE PROJECT LAUNCH

# **AVAILABLE IN LARGE PRINT. TEL: EDITOR AT 605 4947**





We are delighted to announce the launch of the new Disability Recognition Certificate, a project to help local businesses and organisations to be more disability aware and provide better access and facilities opening up a greater customer support base from disabled communities within Sutton Coldfield.

We offer practical, free advice and support from The Sutton Coldfield Disability Action Group (SCDAG), a local Charitable Incorporated Organisation whose members and Trustees are highly skilled and experienced community leaders and professionals committed to improving the lives of Disabled People.

The project is funded by Sutton Coldfield
Neighbourhood Network Scheme and will enable
us to further develop existing services and
resources enabling greater access for businesses
to become a valued local resource for the
disabled. This is the start of a broader project
aims with long-term partnership objectives for
Sutton Coldfield.

Businesses and organisations who participate will benefit from free help and advice, be showcased in future accessibility information resources and be promoted as Disability Recognised Businesses via a range of publications and online portals.

For more information or to register interest please contact Cllr. Jan Cairns (Chair of SCDAG) on 07970 428934 or John Lymn on 07801 952343





## **Rob Pocock:**



OUR 'ACCESSIBLE' VESEY WARD
I've been busy this month working
with my City Council colleague Kath
Scott, sorting out the next round of
'drop kerbs' at road junctions in the
Banners Gate and Parklands area.
This is where the pavements get

dropped, and a stippled paving slab surface put down so that mobility scooters and family buggies can get across the road junctions safely.

We now have City Council agreement to do more of these drop kerbs on Banners Gate Road, around the Greenway junction, and the Westwood Road / Reay Nadin Drive junction close to the shops and nursery. These have now been marked up already for installation.

We've also been in touch with a resident on the Parklands estate who has kindly gone round and mapped all the kerb junctions where she feels that drop kerbs would make the estate more accessible to people with mobility difficulties. It's a long list! However, we'll be discussing what's feasible within the coming year, with the Council Highways Engineers shortly.

# **BOOSTING ROAD SAFETY**

The other important bit of progress on road safety, is the new 30mph limit coming in very soon on Monmouth Drive, in the stretch from Chester Road North to Jevons Road. This is in preparation for an application for a pedestrian crossing on Monmouth Drive near the Banners Gate play area. Residents have been calling for this for a long time.

Kath and I have lobbied the City Council over this and they have now got funding for the first phase, through the City's 'Safer Routes to School' fund. This has been made possible through the kind initiative of the Head Teacher of New Oscott Primary School who has been concerned for a while as to the safety of pupils coming to school from the Banners Gate area, and also venturing from the school into Sutton Park. Her backing for this scheme has been crucial in securing this fund – so many thanks to all, for taking this initiative!



Alison Jolley sends her best wishes and apologises for not contributing towards this edition but hopes to be included in May's edition if her present circumstances change for the better.

Cllr. Robert Pocock, <u>rob.pocock@birmingham.gov.uk</u>, tel: 0121 303 2039 (Labour Group Office), Council House, Victoria Square, Birmingham B1 1BB. Advice Bureau: Boldmere Library, 11.00 a.m. – 12.00 p.m. First Saturday of the Month.

Cllr. Kath Scott, <a href="mailto:kath.scott@birmingham.gov.uk">kath.scott@birmingham.gov.uk</a> tel: 0121 303 2039 (Labour Group Office), Council House, Victoria Square, Birmingham B1 1BB. Advice Bureau: Boldmere Library, LAST Thursday of each month from 2.00 - 3.00 p.m. at Boldmere Library.



## From St Columba's Church.

Well, the eggs and Easter cards may have been moved from the seasonal aisle at Tesco, but at St Columba's, and in churches all over the world, we are still retelling the Easter story. In fact, we are in the middle of our Easter season, where we set aside six weeks in which we celebrate and acknowledge the gift of Jesus Christ, risen from the dead. It is, after all, the foundation stone of our faith and deserves our full attention.

We have heard the story of 'doubting Thomas,' the disciple who asked questions in order to fully accept and understand that Jesus was, in fact, alive. If you have questions about faith, I encourage you to look at how Jesus responds to Thomas. His questions are honoured, and Jesus lets him do exactly what he needs to do to be sure. There is no judgement, and the Bible reminds us that later on Thomas can be found on the beach, with Jesus and all the other

disciples. At no point is he excluded for asking his questions.

We have also heard how two disciples, exhausted and confused by all that had happened in Jerusalem, decided to go back home. As they walked on the road to Emmaus, they tried to make sense of all the confusing happenings of the previous few days — after all they had seen their friend die on a cross, It was a lot to take in and make sense of. So they walked and talked about the events that had taken place. Into their wonderings Jesus appeared, they saw him for themselves and their questions were answered.

I think we sometimes forget that whilst Easter Day was a day of great joy, the confusion, fear and questions did not just disappear. It was a day that turned the known world upside down and as we know today, change is not always easy to live with. There's no doubt that sometimes, as Christians, we are not expected to ask questions, but, when you think about it, Easter should encourage us to do exactly that. After all, Jesus beating death cannot be easily packaged and understood. It is not a tidy or neat story. But perhaps we should remember that often the deepest and most beautiful things in life cannot be explained.

If you watched the BBC Panorama programme last week, "Is the Church Racist?" you will know that, as the Church of England, we must start asking some challenging questionings of our own. For some of us, the Black Lives Matter movement has offered new insight, and an opportunity for learning. Sadly however, some of our family, friends, neighbours, and colleagues will tell you that their experience of life is very different and has been for a long time. For them, racism is an old story, and one they have lived with for many, many years.

After the death of George Floyd, a colleague of mine wrote, "We need to ask questions, of ourselves and of those in power. We need to change, to live differently and learn together how to live as Jesus lived, empowered by the Holy Spirit so that all God's children in their diversity and difference may know justice, peace and freedom in a society where no life is worth more than another and no-one is martyred for the colour of their skin".

My prayer is that we would not be afraid of asking questions of our faith and the world in which we live. We must listen carefully to the experiences of others and hold all of our disappointments, our pain, our loss, and the injustice seen in our world, in the promise new beginnings and Easter Hope.

Rev Beccy Allen

0121 354 5873/vicar.bannersgate@gmail.com





We have loved welcoming our children back to school this week and hearing all about their Easter holidays. The summer term will undoubtedly be another term of fun, learning and laughter. We are proud of how our pupils have settled back ! into school life after lockdown and are thoroughly enjoying being back in the building.

If you would like more information about our school, or are considering joining us, please head to our website suttonparkprimary.co.uk or email enquiry@suttonparkprimary.co.uk We look forward to hearing from you!

Mrs Middleton, Head of School

The beginning of a new term...



Follow us on twitter OSuttonParkPri

# Our school houses:







Children from years 1 to 6 are all placed into a house when they join our school. These are named after world-famous children's authors because reading is the beating heart of our school. One of our biggest aims is to instil a love of reading in our pupils. We are looking forward to opening up our newly renovated and freshly-stocked library to pupils this term.

# Collaborating with Roots to Fruits

At Sutton Park Primary, we are passionate about providing a range of learning experiences for our pupils. Thanks to the 'Health for Life' scheme, we received a grant to begin gardening projects on site.

Our pupils will be learning more about growing, cooking and being active. We are extremely lucky to now have our very own polytunnel on the school field and a 'cottage garden' allotment plot too. Each week, a year group go outside for a growing lesson with Kate from Roots to Fruit. So far, we have planted broad beans, peas, lettuces, tomatoes and runner beans.





A huge thank you to Adam and Kate from Roots to Fruits for their support and hard work as we begin this exciting project.





# Photo competition results



The Competition was: "When you are out and about on your daily walk, in the park or around your garden, look at the trees and bushes and see whether you can find a creature of some sort created by the branches, bark, leaves or growths that appear on the trees. Take a photo of what you can see, give us the location (this would be a good time to use what3words, but it is not compulsory) and give the creature a name.)

After careful deliberation of the twelve entries, the judges have decided which is the best photo of a creature.

It is Diana's who wrote that she saw this Splintersaurus in Sutton Park.

# Household recycling centres Norris Way, Sutton Coldfield, B75 7BB (Council tips)

Monday to Friday: 8am to 8pm

Saturday and Sunday: 8am to 4pm



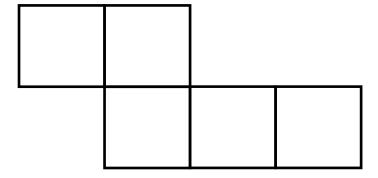
# Top Ten Silliest Questions Asked on a Cruise Ship.

Paul Grayson, Cruise Director for the Royal Caribbean Cruise Line.

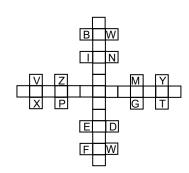
- 1. Do these steps go up or down'?
- 2. What do you do with the beautiful ice carvings after they melt?
- 3. Which elevator do I take to get to the front of the ship?
- 4. Does the crew sleep on the ship?
- 5. Is this island completely surrounded by water?
- 6. Does the ship make its own electricity?
- 7. Is it salt water in the toilets?
- 8. What elevation are we at?
- 9. There's a photographer on board who takes photos and displays them the next day. The question was asked, `If the pictures aren't marked, how will I know which ones are mine?'
- 10. What time is the Midnight Buffet served?

Thank you. Harold

Make up the design below with matches or cocktail sticks. Move, but do not take away, two matches only and leave four squares of the same size and shape. No loose ends allowed.



In this word pyramid each digit represents a letter and each row across spells a word. Therefore the digit 3 must be an A or an I. The same digit represents the same letter throughout. Complete the pyramid.



Here's a crossword puzzle without clues. The first eight are easy, the last two are not so easy.

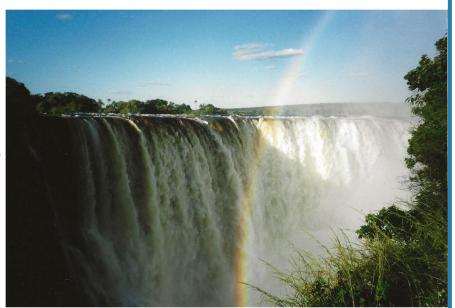
Answers on page 15



They will not be allowed for some time yet, but, to whet your appetite for hot, foreign places, and just in case you are stuck for holiday destinations, you may be interested in these photos from Val.

This is a photo of <u>Cape Town</u>, South Africa. In the background is <u>Table</u> Mountain

This photos is of Victoria Falls from the Zimbabwe side. How does it compare with Niagara Falls, you may wonder? Victoria Falls, in comparison, is the world's largest sheet of falling water. It's nearly twice the height of Niagara Falls and is half a kilometre or so wider



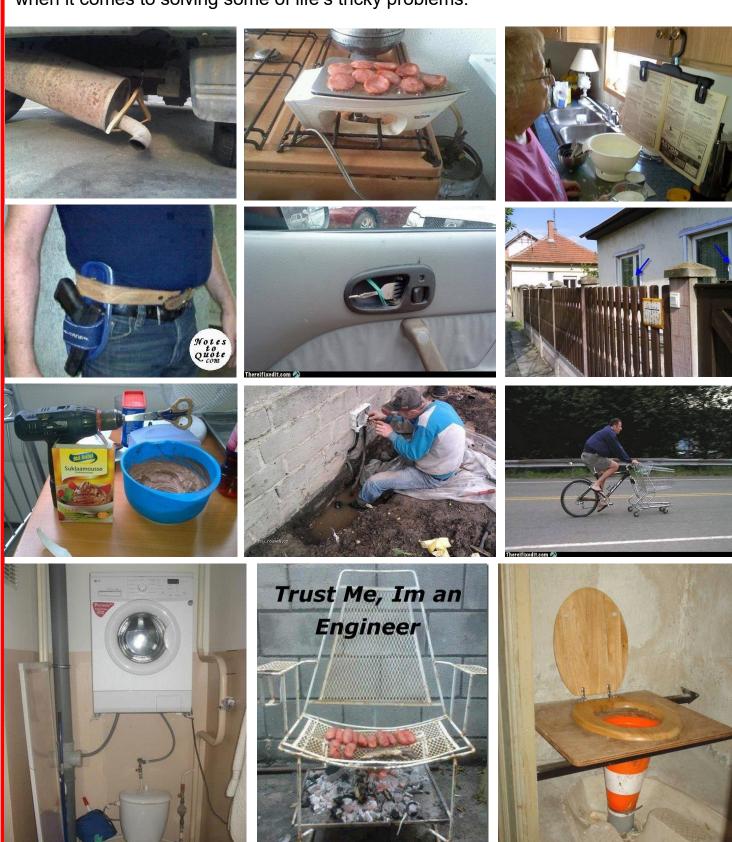


These two are photos of sunsets on <u>Lake Kariba</u>, Zimbabwe. **Lake Kariba** is the world's largest manmade <u>lake</u> and <u>reservoir</u> by volume. It lies 1,300 kilometres (810 mi) upstream from the <u>Indian Ocean</u>, along the border between <u>Zambia</u> and <u>Zimbabwe</u>



# Trust me, I'm an engineer

Thank you, Gerry, for this glimpse of man's ingenuity (and in some cases, stupidity) when it comes to solving some of life's tricky problems.



# International Women's Day with GFS Banners Gate

This year, GFS encouraged people to participate in the UN's #ChooseToChallenge theme, which looked to challenge gender inequalities, because with challenge comes change.

The GFS girls at Banners Gate put in great efforts to challenge inequalities and their challenges have inspired many girls and women all over the world however, the fight isn't over. Girls aged 5-9 worldwide spend 30% more of their time on household chores than boys of the same age. GFS are working hard to change the gender inequality by creating safe spaces for girls to thrive.

The #ChooseToChallenge campaign had some amazing responses from Banners Gate that will help GFS towards their vision of "A world where all girls and young women fulfil their potential".

The GFS Banners Gate group usually meet every Monday at Banners Gate Community Hall but are currently online every Thursday. Their group run fun, weekly activities for girls aged 5-10 and aims to build girls' confidence and develop skills for life. These groups and spaces are important to so many girls as they learn to overcome barriers and become happy, independent young women.

Sign up to join the group at girlsfriendlysociety.org.uk/banners-gate







Home About News What's On Governance Get Involved Contact Us Library Info Telling Sutton's Stories



All our talks take place online, using Zoom. Please book your place in good time; we do not plan to share recordings of these talks after the event. Go to <a href="http://foliosuttoncoldfield.org.uk/tss-events/">http://foliosuttoncoldfield.org.uk/tss-events/</a> for events below, and more.





Streetly Entrance – Sutton Park. Photo: Sutton Coldfield Library.
Reproduced with permission. Wednesday 12 May, 19.30-20.30, Online Telling Sutton's Stories – Memories of **Sutton Park**, part 1
Booking for this workshop will open 1 May 2021

Aris's Birmingham Gazette – Monday 03 September 1827. Newspaper image © The British Library Board.

With thanks to The British Newspaper Archive Wednesday 19 May, 19.30-20.30, Online

Telling Sutton's Stories – Memories of **Sutton Park**, part 2 (different content to part 1)

Booking for this workshop will open 1 May 2021

GAME.

A LL unqualified Persons who are found destroying
the Game within the Royal Town, Manor, and Lordship of Sotton Coldfield, in the county of Warwick, will be
prosecuted as the law directs; and all qualified Persons are requested to forbear sporting within Sutton Park for the present season.

By Order of the WARDEN. Sutton Coldfield, August 30, 1827.



Coventry Evening Telegraph – Friday 27 October 1978.

Newspaper image © Reach Plc. All rights reserved.

With thanks to the British Newspaper Archive

Wednesday 2 June, 19.30-20.30, Online

Telling Sutton's Stories – FOOD & DRINK in Sutton's history

Booking for this workshop will open 1 May 2021

Aris's Birmingham Gazette – Monday 26 January 1846. Newspaper image © The British Library Board. With thanks to The British Newspaper Archive Thursday 17 June, 19.30-20.30, Online Telling Sutton's Stories – MUSIC in Sutton's history Booking for this workshop will open 1 June 2021 THE TROMBA CORNUTA.

THE Public are requested to take Notice, that JAMES GISBORNE, of No. 37, Suffolk-street, Birmingham, is NOT AUTHORIZED by me to manufacture the above, nor to use any of my Registered Improvements in Brass Musical Instruments.

J. P. OAKES,

Inventor and Patentee.

Sutton Coldfield, January 22, 1846.











# **Worried About Getting Hacked?**

# Over 15,000 hacked email and social media accounts reported in one year.

If a hacker got into your email or social media account, what would they find? Health and banking information? Names and contact details for your friends and family? Private photos and messages? For most people, it's at least one of those.

Your email and social media accounts contain a wealth of personal information about you, which makes them a lucrative target for cyber criminals. **Between February 2020 and February 2021, Action Fraud received 15,214 reports about email and social media account hacking.** The majority of reports (88%) were made by individuals, with 12% of reports being made by businesses. Analysis of the crime reports revealed that Facebook, Instagram and Snapchat were the most affected social media accounts, with phishing messages being the most common tactic used by cyber criminals to lure unsuspecting victims.

The motivation behind the hacks are varied and can range from financial gain, to revenge or personal amusement. Some victims are extorted for money, whilst others have their accounts used to send malicious links to their contacts. One victim who had multiple email and social media accounts hacked paid over £2,000 to regain access to them. Another victim reported that her hacked Facebook account was used to trick her friends into sending money into a PayPal account they thought belonged to her.

Secure your email and social media accounts in just a few minutes. Here's what you need to do:

- 1: Use a strong and separate password for your email, as well as other important accounts, such as your banking or social media accounts.
- **2: Enable two-factor authentication (2FA).** It will help to stop hackers from getting into your online accounts, even if they have your password.
- **3:** If you can't access your account, search the company's online support or help pages. You'll find information about how to recover your account.

For detailed instructions on how to reset your password or enable 2FA on your accounts, visit: https://www.actionfraud.police.uk/secureyouraccounts

(Please forward this email to any friends, family members or colleagues that may find this information useful)

### Message Sent By

Action Fraud (Action Fraud, Administrator, National)

# I'm Fine, Thank You

There is nothing the matter with me, I'm as healthy as can be I have arthritis in both knees, And when I walk I wheeze My pulse is weak and my blood is thin, But I'm awfully well for the shape I'm in Arch supports I have for my feet, Or I wouldn't be able to walk the street Sleep is denied me night after night, But every morning I find I'm alright My memory is failing, my heads in a spin, But I'm awfully well for the shape I'm in The moral of this tale I unfold. That for you and me who are growing old Its better to say I'm fine with a grin, Than to let folks know the shape you're in How do I know that my youth is spent, Well my get and go has got up and went But I don't really mind when I think with a grin, Of all the grand places "get up "has been (bin) Old age is golden I've heard it said, But sometimes I wonder as I get into bed With my ears in the drawer, my teeth in a cup, My eyes on the table until I wake up As sleep overtakes me at last, I say to myself, Is there anything else I could lay on the shelf? When I was young my shoes were red, I could kick my heels over my head When I was older my shoes were blue, But I could still dance the whole night through Now I am old my shoes are black, I walk to the store and puff my way back. I get up each morning I dust off my wits, And pick up the papers and read the "obits! If my name is not there I know I'm not dead, So I have a good breakfast and go back to bed! But thank you for asking "How have you been (bin)?

I am awfully well for the shape I'm in!

Councillor Terry Wood's "Auntie" Ivy



During the first lockdown our **Wylde Green Neighbourhood Forum** notice board was damaged / vandalised in that the perspex was badly cracked.

A specialist glass and glazing company, Walmley Glass and Glazing, kindly and generously came to our rescue. They repaired the notice board free of charge refitting it with indestructible glass; speedily measuring up and fitting as soon as the glass was available. The company even cleaned the board inside and out. We cannot thank them enough!

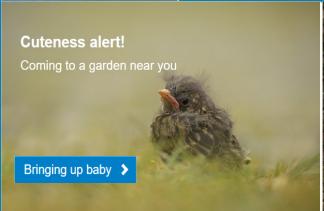
The photo pictures the director of the company Dean, on the left.



Click to

Become a member

or ring 01767 693680





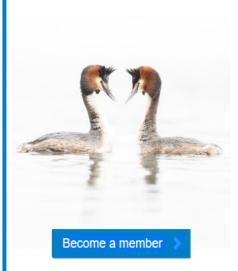
It might seem a little early to be talking about baby birds, but believe it or not, many species are already well into their breeding season. Some, like collared doves, can actually lay eggs all year, while others, like tawny owls and crossbills, are known to fledge young before some of our migrant birds have even made it back.

A few familiar garden species, like blackbirds, may well be feeding chicks at the moment, and house sparrows could be sitting on eggs. That's why it's so important to avoid cutting back your hedges, trees and shrubs from now until autumn to avoid disturbing birds at this vital time.

In the latest issue of our members' magazine, Nature's Home, we've got a special article about the different strategies birds have for raising their chicks. We think it's too good not to share, so you can also read this article online in our Nature's Home blog.

Wherever you are, keep a look out for your first baby birds this spring!

Jamie Wyver Notes on Nature Editor Bringing up baby >



# Never miss an article again

Did you know that as an RSPB member, you would receive four copies of Nature's Home magazine a year?

In it, you'll find brilliant photographs, wildlife ID tips, expert gardening advice, and columns from Simon Barnes, Nicola Chester and David Lindo. Nature's Home is just one of the many benefits of becoming an RSPB member.

Your membership would also help save wildlife, protect wild places and connect people with nature right across the UK.

# Big Garden Birdwatch results — UK top ten

House Sparrow
 Blue tit
 Starling
 Blackbird
 Woodpigeon
 Robin
 Great tit
 Long-tailed tit

This 20-question quiz also has an added bonus question. What do the first letters of each correct answer spell out.

- 1. What is the surname of the last British player to win the Wimbledon women's single title?
- 2. St George is the patron saint of England but in which country is he buried?
- 3. Where was Marc Cohen walking when he put on his blue suede shoes?
- 4. Which American singer was born Eleanora Fagan?
- 5. Hepatitis affects which organ of the body?
- 6. The Rolls Royce radiator ornament is called 'The Spirit of ....'what?
- 7. No 617 squadron of the Royal Air Force is better known as what?
- 8. Which Bill played the role of Compo in Last of the Summer Wine?
- 9. In which US state would you find Suffolk County on an island?
- 10. What type of car was KITT in the original Knight Rider TV show?
- 11. Who wrote the 'Famous Five' series of books?
- 12. What is the fourth book of the Old Testament?
- 13. Rob Andrew was director of rugby at which Premiership team until 2006?
- 14. To what country does the island of Elba belong?
- 15. What is the real surname of Sting from The Police?
- 16. Which film has the phrase 'Life is like a box of chocolates, you never know what you're gonna get'?
- 17. Where were the Bee Gees born?
- 18. What is the name of the sequel to the film and book 'Twilight'?
- 19. Sarah Palin was the first female governor of which state?
- 20. The Great Orme is a prominent feature in which Welsh seaside town?

BONUS QUESTION - WHAT DOES THE FIRST LETTER OF EACH ANSWER

SPELL OUT?

Answers on page 20

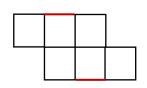


Answers from page 6.

BOW INN VEX ZIP MUG YET END FEW

REDISTRIBUTED

COUNTERMANDED



# Too good to not share

- When one door closes and another door opens, you are probably in prison.
- 2. To me, "drink responsibly" means don't spill it.
- 3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
- 4. It's the start of a brand new day, and I'm off like a herd of turtles.
- 5. The older I get, the earlier it gets late.
- 6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- 7. I remember being able to get up without making sound effects.
- 8. I had my patience tested. I'm negative.
- Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
- 10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
- 11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
- 12. I finally got eight hours of sleep. It took me three days, but whatever.
- 13. I run like the winded.
- 14. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
- 15. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
- 16. When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
- I don't mean to interrupt people. I just randomly remember things and get really excited.
- When I ask for directions, please don't use words like "east."
- 19. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
- 20. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
- 21. My luck is like a bald guy who just won a comb. Which one is YOUR favorite?

Thank you, Hazel

You may recall Eric Jones's Coronation 1953 memories in the March Gatepost (To conclude)



Getty Imagaes.co.uk

On the day of the party there was a fancy-dress competition, my Mother had made me a Lincoln green Robin Hood outfit with a fancy feathered hat, my Father who was a handy DIY guy provided the bow, arrows, and quiver all beautifully crafted with a traditional leather belt. I thought I was the real thing and a certain to sweep the board. So, I proceed to the judging area look around and thought no contest here, blow me down a boy from across the road won as a scarecrow, cheek he only had old clothes on, a broom stale through his jacket across his shoulders and some straw stuffed everywhere. No imagination and not in the same league, I was gutted it is a fix.

I gained my revenge with my Sister Pauline by beating him and his partner in the three-legged race. My Mother was also continually winning all the ladies' events, I was constantly running back to the house with the prizes. She even won the threading the needle, which severely narked the lady from our road who had put the prize up, a hand crocheted dressing table set, banking on her seamstress next door neighbour to win it comfortably. Home I trip with yet another prize, my little legs were worn out.

My close pal from the next road managed to sneak into the party, I shared my bottle of Corona Dandelion and Burdock with him. As an aside, around that time the co-operative bakery started delivering sliced bread wrapped in the new-fangled waxed paper.

He and I invented a game whereby we would use his Diana air pistol to shoot one pellet each from the crust end of his family loaf, then carefully unwrap and count who had gone through the most slices and remove said pellets. We had a league table and a weekly winner and managed to reseal the wrapping each time. However, after a few weeks my pal said to me, as I am pistol poised no more, his Mother had said, she thought they must have mice at the bakery and she would write to complain of the holes in the bread, so we were stopped in our tracks. Sad, we had no iPad or computer games back in the early 50's to keep us out of mischief, hey ho what did my pal and I miss eh!



# Royal Mail: fake texts, calls and a cloned site

Fake texts purporting to be from mail and courier services have been on the rise. In this case, fraudsters attempted to wipe out a person's entire bank balance by impersonating Royal Mail. The text informed the recipient that a parcel was being held due to an unpaid shipping fee and included a link for them to enter their personal info and bank card details. We show you what the text looks like, explain the lengths these fraudsters go to, and advise on how to spot genuine Royal Mail communications.

### 'I almost fell for the fake vaccine text'

Fraudsters have been taking advantage of the Covid-19 vaccine rollout through a cruel but convincing text in an attempt to steal people's personal and financial details. Which? member Sue thought she'd been invited to get the Covid-19 vaccine, only to realise just in time it was a fake text message. Here's more about what the scam entails and her story.

## Marriage tax allowance copycat website

Beware of **unofficial services** taking as much as 40% of your payout plus hundreds extra in admin fees. With the deadline for submitting backdated claims looming, and as many as 100,000 people searching Google for marriage tax allowance every month, we're seeing an increase in couples falling foul of these companies. Here's what to watch out for and how you can claim your marriage tax allowance for free.

## Dyson V10 'Loyalty Programme' emails

Whether you own a Dyson product or not, watch out for an email purporting to be from Dyson promising 'prizes' as part of a fake loyalty program. A recipient of this email became suspicious, believing that fraudsters had spoofed Dyson's official email address, so he reported it to Which?. Here's what the email looked like and what Dyson had to say.

### Help us protect others from scams

There's now a much easier way to make us aware of scams directly with our <u>scam sharer tool</u>. Sharing details of the scam helps us to protect others as well as inform our scams content, research & policy work. With your help, we can continue to fight back against the fraudsters. Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

# Could your personality increase your fraud risk?

Who you are and how you think can have a big effect on the kind of scams that are of greater risk to you. To help you understand how scammers can take advantage of who you are and how you think, we spoke to a cyber psychologist to understand three popular personality types and how scammers can target them.

### Stay safe,

Which? scam alert team

PS Please feel free to share this information with your friends, family and neighbours - anyone who may find it helpful. Or they can <u>sign up here</u> to receive this directly to their inbox.

# More of the celebrations of 50 years of Banners Gate

Further to Val's photographs of the 50<sup>th</sup> Banners Gate Anniversary celebrations, here are a couple of snaps of this year's splendid display of daffodils and narcissus running the length of Sutton Oak Road, from the King Charles tump to the Parson and Clerk (to name two important historical sites)? I do hope you all managed to get to see them. Those planted along the edge of the park on Chester Road North have not thrived so well this year but I think the Sutton Oak Road ones have been better than ever. Or maybe that is because 12 months of lockdown has coloured my judgement. As Val states in her article, Dave and Pat Rogers, who lived in Coppice View Road and were the instigators of the celebrations, moved to Skye and Tony and Helen Willis (editors of this magazine) visited them there. Dave has since died unfortunately but his legacy lives on, with Pat's, in this little corner of England, in the shape of those 'booful' spring blooms, reminding us of the continuity and resilience of life. Long may they proliferate.







It's spring time and I don't know about you but I'm really looking forward to putting some of my pent up energy into King George V Playing Field and meeting up, socially-distanced, with the Friends of KGVPF.

She needs some Friends' input to tidy and restore following the very 'long winter' of lockdown.

Over the last 12 months Glendale have

been doing a marvellous job of keeping the grass cut and the bins emptied during the pandemic and they will be carrying on with that, so thank you Glendale for what you do for our community patch!

If you'd like to be contacted about the future events and talks of Friends of KGVPF group, please do let us know by emailing us: friends.kgvpf@yahoo.com. And if you've contacted us before, can you email us too, to let us know you still wish to be contacted.

We're looking forward to having people join us and we'll be in touch with you with our socially-distanced and virtual meet up dates and events, so please do get in touch!

Faye Barr on behalf of Friends of KGVPF

# Please do not park on the grass below King George V Playing Fields. Go for a slightly longer walk to the fields and help improve your health.

A resident wants to know why people park on the grass when they can park on the road and walk a little further. If you look at the photo on the left below, you will see that the road has double kerbstones on the left. This is because, a few years ago the matter was raised in the Banners Gate Neighbourhood Forum. The grass had been turned into a muddy rut along the length of the road. The photo on the right shows the way the grass is churned up with careless parking. The bottom right photo shows what happen when you park on the grass. For the sake of your health and the health of the grass please park on the road and walk further.





BREAKING NEWS: Dudley main shipping route of Faggots an Pays is blocked!! Barry Tipton, captain of the vessel said, "One minute we woz in fine fettle, then a gust of wind sent us caggy, we ay gooin whear!!" "Dudley is expected to loose as much as £3.45 a day until the carnage can be cleared, which could potentially tek wiks." A spokesman said.



### Answers to page 15

- 1. Wade (Virginia)
- 2. Israel
- 3. Memphis
- 4. Billie Holiday
- 5. Liver
- 6. Ecstasy 7. Dambusters
- 8. Owen
- 9. New York
- 10. Trans-Am
- 11. Enid Blyton
- 12. Numbers
- 13. Newcastle Falcons
- 14. Italy
- 15. Sumner (Gordon)
- 16. Forrest Gump
- 17. Isle of Man 18. New Moon
- 19. Alaska
  - 20. Llandudno

BONUS ANSWER - WIMBLEDON TENNIS FINAL



# What is the DofE?

A life-changing experience. A fun time with friends. An opportunity to discover new interests and talents. A tool to develop essential skills for life and work. A recognised mark of achievement; respected by employers.

The DofE is many things to many people, supporting generations to successfully navigate adult life.

14-24 year-olds can do a DofE programme at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or Gold Duke of Edinburgh's Award.

There are <u>four sections</u> to complete at Bronze and Silver level and five at Gold. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity.

Any young person can do their DofE – regardless of ability, gender, background or location. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries.

Through a DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive, enhancing CVs and uni and job applications. Top employers recognise the work-ready skills Award holders bring to their business.

The DofE licenses organisations that work with young people to run DofE programmes, such as schools, colleges, youth groups and clubs. Through the Licensed Organisation (LO) young people (or their parents / carers) pay for a Participation Place and are supported by Leaders who support them through their programmes, helping them to choose their activities, set their objectives and achieve their Award.

The Duke of Edinburgh's Award is a registered charity, funded by donations, Participation Places and licences. The charity works with LOs across the UK to increase opportunities for young people to gain the benefits of doing their DofE.



# 7 signs that your car needs a service

Keep an eye out for these signs between visits to your local garage:

# 1. Dashboard warning lights

Nothing says your car needs a service quite like a <u>dashboard warning light</u>. Quite literally too, as the word 'SERVICE' or a spanner icon appears on instrument panels in most modern cars before your car is due a 'once over'.

# 2. Strange noises

Clicks, hisses, ticks, and squeaking could all indicate a problem under the bonnet. If the sound is becoming more intense or the problem seems urgent, you should pull over as soon as it's safe to do so and call a mechanic right away.

For less urgent noises, you should pay attention to:

- when the sounds occur (e.g. when turning, when idle)
- what they sound like (e.g. rattling or clicking)
- where they're coming from (e.g. under the bonnet, under the car)

By giving a description of 'when', 'what' and 'where' you can help your mechanic diagnose the problem. Our guide to <u>unusual vehicle sounds</u> could help you work out what's wrong and alleviate your concerns.

# 3. Dripping liquid and mystery puddles

First things first, you should check if the puddle has formed because of the Great British weather rather than a fault under your bonnet.

Your car can leak water through condensation in the aircon unit in the summer, or your exhaust in the winter. Either way, both scenarios are harmless and won't need the attention of a mechanic.

For advice on what to do if you see red, amber, black or green fluid, read our helpful guide.

### 4. Loss in power and frequent stalling

A regular service could prevent your car from stalling more often or struggling to generate power. There could be a number of reasons for the problems in your car and sometimes there's a very simple fix. Spark plugs could be faulty and thankfully replacing them is a straightforward and inexpensive job, but it's best to leave it to the professionals.

Alternatively, your fuel injection system could be malfunctioning and starving your engine of fuel or oxygen. A clogged catalytic converter could also be disrupting airflow, a simple service will help to diagnose the problem. Find out more about why your car is juddering, jerking or stuttering.

# 5. Brakes behaving differently

Brakes are probably the most important safety feature on your car. When you fail to take your vehicle for a check-up, they can become less effective.

You might have to press harder on the brake pedal to apply stopping power and this is usually down to one of two reasons:

- leaking brake fluid
- worn brake pads

A mechanic will be able to pinpoint the problem during a service and replacing brake pads is usually a simple process. Remember, it's best to call a professional out to your car for repairs rather than risk your brakes failing as you drive to an RAC-approved garage.

Find out 'everything you need to know about brake pads'.

## 6. Smoke coming from the bonnet/exhaust

Smoke clouds can escape from car bonnets and exhausts for many reasons. If the smoke appears to come from a fire under your bonnet, you should:

- turn off vour engine
- pull the bonnet release lever but do not try to prop it open
- get everyone out of the car and keep your distance
- dial 999 and ask for the fire service
- warn oncoming traffic, if it's safe to do so

Find out more about why your engine is smoking and what you should do next.

### 7. Vibrations

Regular services could also prevent your car from vibrating or juddering.

If you've noticed unusual movements in your car, there could be a number of potential explanations. For example, juddering while pulling away could be due to worn-out friction material or a pressure plate defect – perhaps a combination of both. It could also be caused by an oil leak contaminating the clutch plate. If your car judders or vibrates at low revs, the engine mount which holds the engine in place could be loose, worn or broken.







# Neighbourhood Watch Launches Protect Your Car Campaign

# As a valued Neighbourhood Watch supporter we want to tell you about our new PROTECT YOUR CAR campaign

Car crime is a real problem in the UK. Alarmingly, **one car is stolen every ten minutes**. (1) With Covid-19 and the recent lockdowns, many people aren't driving or checking on their cars as much as they used to. At Neighbourhood Watch, we need your help to remind car owners to remain vigilant about where and how they park their cars, in order to keep them safe.

John Hayward-Cripps, CEO of Neighbourhood Watch Network, says "Most car crimes happen because cars are left unlocked. There is a misconception that some cars are auto-locking and lock themselves if left unattended after a period of time. This isn't always correct. Another misconception is that your car is too old and no one will bother stealing it. This is also incorrect – both new and old cars are at risk. Having a car stolen or broken into is more than simply a hassle, it can impact on people's livelihoods. The good news is that there are simple steps everyone can take to help reduce the risk to their car. With only a 46% recovery rate3 we're reminding everyone to leave your car **locked**, **lit** and **empty**."

# Remember - Leave your car:

Locked (2) A simple mistake that can prove calamitous: 44% of cars are broken into via an unlocked door. Leave your car locked video.

<u>Lit</u> (2) 80% of car crime occurs during the evening or at night. Parking near street lamps or in a busy area can deter thieves. <u>Leave your car lit video.</u>

**Empty** (or with no items on show) Owners often forget that personal belongings within the car are at as much risk of being stolen as the car itself. **Leave your car empty video**.

John Hayward-Cripps continues

"Car thieves are opportunists. Leaving items on a car seat or forgetting to lock your car can act as an invitation for crime. We want to instil the habit of double-checking where and how you've parked with our three simple steps: **leave it locked**, **lit** and **empty**. As a local charity with a trusted voice in the community, we're asking everyone to proactively support their neighbours and friends by sharing our three steps with three others. By spreading the word, we're confident we can crack down on car crime which can be deeply distressing and debilitating for its victims."

# How to support our campaign:

**LEARN:** Visit <u>www.ourwatch.org.uk/protectyourcar</u> for top tips and advice on keeping your vehicle safe.

FOLLOW: Follow us on our social channels

(<u>Facebook</u> / <u>Twitter</u> / <u>Instagram</u> / <u>LinkedIn</u>) to share our messages within your communities. Tag #ProtectYourCar

**SHARE:** Forward this email to your friends and family, or <u>download this</u> <u>image</u> and share it on WhatsApp with the following message 'Car crime remains a pressing problem in the UK – alarmingly, one car is stolen every ten minutes. The vast majority of car crimes happen through unlocked cars, parked in badly lit areas and where there are visible items to steal. Remember these simple steps to keep your car safe... leave it locked, lit and empty. For more top tops visit <u>www.ourwatch.org.uk/</u> protectyourcar

For more information, including requests for a press release or campaign pack, please contact our Senior Communications and Digital Manager Deborah Waller on **Deborah.waller@ourwatch.org.uk** 

# Data sourced from:

- (1) ITV: <u>ITV, 2020</u>
- (2) ONS data: <a href="https://www.ons.gov.uk/">https://www.ons.gov.uk/</a>
  <a href="people-populationandcommunity/crimeandjustice/datasets/">https://www.ons.gov.uk/</a>
  <a href="people-populationandcommunity/crimeandjustice/datasets/">people-populationandcommunity/crimeandjustice/datasets/</a>
  <a href="people-populationandcommunity/crimeandjustice/datasets/">https://www.ons.gov.uk/</a>
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  <a href="people-populationandcommunity/">https://www.ons.gov.uk/</a>
  <a href="people-populationandcommunity/"
- (3) OPAL and Police National Computer: <a href="https://www.npcc.police.uk/">https://www.npcc.police.uk/</a> NationalPolicing/

OPALNationalIntelligenceUnitforSeriousOrganisedAcq.aspx

# Best Regards

Neighbourhood Watch Network (the national umbrella charity for Neighbourhood Watches across England and Wales)

# Message Sent By

Central Support Team (NWN, Neighbourhood Watch Network, England and Wales)

# **A Community Allotment Social Group**

Get Outdoors Meet new people Grow vegetables

Age Concern Birmingham have a plot situated at Sunnybank Road/Sheffield Road Allotments where for the last two years a group has met weekly to grow together, socialise and provide produce for the Communitea Café.

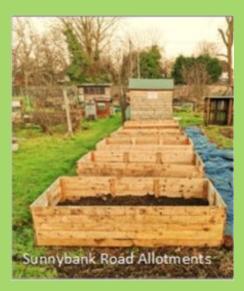
The group has been much enjoyed by many, with one volunteer writing, "I have really enjoyed many aspects of the project meeting new people, spending time collectively gardening and growing produce, sharing ideas, encouraging people to join us and seeing people thrive and produce. Providing produce for the Communitea Café was very rewarding and much appreciated. Volunteers taking their fresh produce home and getting pleasure from cooking it and eating it has been a delight. The pumpkin carving family event we ran last November with our home-grown pumpkins was great fun".

We are now working to re-launch this community social group. Our vision is to create a space where people can work together towards a common goal; enjoy the great outdoors and each other's company. Along with a weekly communal gardening session, we would like to see the space used by other community groups. If your community group is looking for an outdoor social activity, whilst members are hesitant to restart meeting indoors, then please get in contact and find out more.

If you are interested in becoming a lead volunteer, joining the communal gardening group, want more information, or know someone who might be interested, please contact:

Suzy Summerfield – 07940 709314, or Claire Beattie - 07930 354885





### Top Tips for When a Household Member Tests Positive

Having a member of your household test positive for COVID-19 doesn't mean the rest must catch it. Here are a few things you can do to reduce the risk of the virus spreading in your home. These are especially important if you have a clinically vulnerable household member:

- Keep to separate rooms, if possible
- Clean shared facilities such as the bathroom or kitchen with anti-bacterial products
- Stagger mealtimes among household members if you can
- Ventilate rooms by opening windows. Let fresh air in and potential virus particles out
- Wash hands more often for 20 seconds with soap
- Catch coughs and sneezes with tissues (not hands). Put used tissues in the bin and wash hands
- Use separate towels and cutlery to those of other household members
- Wear a mask indoors in communal spaces until the isolation period is complete
- Don't let anyone else into your home or leave the house if you are supposed to be isolating.

This is also law.



# Community Impact 2020- 2021

The Sutton Coldfield NNS team had its busiest year yet in 2020 despite the challenges that came with COVID-19, national lockdowns and the additional pressure it bought to many organisations — we managed to invest almost £100,000 back into community assets, create new activities, start new projects and ensure the most vulnerable people in Sutton Coldfield were given the support they needed.

To give you an idea of what we achieved, we've crunched the numbers and this is what we accomplished in 2020:

# COVID-19

The Coronavirus pandemic created challenges that many organisations weren't prepared for, and the one of the biggest issues local assets faced was ensuring they had enough PPE to protect themselves and others as they continued to provide vital support to the community. The NNS funded over £35,000 worth of PPE to help keep our residents, assets and communities as safe as possible.

# **Food**

COVID-19 also meant that accessing food, especially for those who were shielding, became a serious struggle. Sutton Coldfield has a number of amazing organisations that took that challenge head on and made sure that food was available to anyone that needed it. Thanks to NNS funding and support, we've helped community assets...

- Provide 1,488 meals
- 45 Christmas dinners
- Deliver 302 food parcels
- Create an affordable food pantry, serving more than 2,600 local residents
- Spread the festive feeling to 75 lonely or vulnerable residents with Christmas gifts



# **Digital Inclusion**

We also kick-started a more comprehensive Digital Inclusion plan for Sutton Coldfield, which includes purchasing 30 tablets, 18 laptops, 15 computer monitors and recruiting a dedicated Digital Inclusion NNS worker as well as creating a digital device lending library, to ensure Sutton Coldfield stays connected despite COVID-19.

\*\*Continued on next page ...\*

### ... continued from last page

**Digital** 



# **Support Worker Hours**

Whilst COVID-19 shifted our support priorities, we were mindful that it didn't mean all other means of community support had stopped or was no longer an issue; we continued to welcome funding applications for non-COVID related issues and acted as a lifeline to assets who's usual funding income had been suspended. Through this we've provided:

- 352 Parish Nurse hours
- 180 Expert Benefit Advisor hours
- 5 new Volunteer Benefit Advisors
- 272 Community Development hours to help restart local activities for older adults

# **Health Related Support**

2020 also saw the NNS fund a diverse range of new projects and activities – and we're looking forward to seeing the positive impact they have on the community over the next 12 months and beyond!

- Supporting 20 community assets in becoming more accessible through the 'Premises Access Pledge'
- Helping with the development of a Day Out Disability User Guide (DOUG) for Sutton Coldfield
- Those affected by ileostomy issues can now access regular support sessions
- We helped provide Yoga Sessions for those who may suffer with limited mobility, using 'Chair Yoga'
- There will be 48 Mental Health and Wellbeing workshops being run for the local community, in multiple languages
- Residents who suffer from Chronic Fatigue can access any of the 26 new online support sessions to help manage their symptoms
- We also funded 20 Telling Sutton's Stories workshops, so residents can share their memories of Sutton Coldfield and connect with their community

And finally, we supplied Sutton Coldfield's Vaccination Hub with 2 Wheelchairs to help the fight against COVID-19

The NNS are extremely grateful and humbled by work our community assets do in Sutton Coldfield, and we're proud to work in partnership with them and support them in making a difference in the community. We're excited to see what fantastic things we can achieve in the coming year, and remain dedicated to helping those who make our neighbourhoods a better place.

Special Thanks to:
Sutton Coldfield United Reform Church
Boldmere St Michaels Football Club
Sutton Coldfield Methodist Church
Sutton Coldfield Disability Action Group
FOLIO
Birmingham Ileostomy Association

Successful Ageing
Salus Fatigue Foundation
Sutton Coldfield Town Hall
Our Place Support
Chester Road Jobs Club
Age Concern Birmingham
Falcon Lodge Food Club



# Welcome to an update from Highbury Theatre

Hello again from Highbury Theatre.

We've all taken the first two steps towards opening up and now we're waiting to see the impact of those changes. At Highbury, we're hoping that all the numbers related to the pandemic continue to move in the right direction.

The next important date for us is 10 May, when we hope that the government will confirm that we can all take Step 3 on 17 May. That will mean that indoor entertainment can start again, with the restrictions we've become familiar with: reduced numbers, keeping our distance, wearing face coverings.

We've got some ideas that would enable us to put on some live performances and some films within the restrictions, so we're keeping our fingers crossed that we'll be able to move them from plans to realities.

We'll announce any forthcoming productions and films at relatively short notice so that we can be as confident as possible that they'll go ahead. Keep an eye on our website (<a href="http://highburytheatre.co.uk">http://highburytheatre.co.uk</a>) and Facebook page (@HighburyTheatre).

We'll also send out information through our emailed Highbury Flyer newsletter. It's currently being sent out on the last Monday of each month. If you're not already receiving it, you can join our mailing list by emailing boxoffice@highburytheatre.co.uk.

Finally, we hope that those who listened to the #SpringsCalling audio recordings enjoyed them. If you missed them and would like to catch up, you can find them here: <a href="https://www.suttoncoldfieldtownhall.com/sutton-celebrations/">https://www.suttoncoldfieldtownhall.com/sutton-celebrations/</a>. We'll be adding to them through the year so if you'd like to get involved, please get in touch with Liz Parry via <a href="mailto:activeartscv@gmail.com">activeartscv@gmail.com</a>.







# Norbury Maintenance

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Like the rest of the country, we are gearing up to the day that we may be able to open again. The sun has been shining, spring is well and truly here and we are starting to make preparations in the Church building

to welcome people back.

Café Oasis is a community café that is based in the Sutton Coldfield United Reformed Church, Brassington Avenue. Ordinarily we are a lively, vibrant and welcoming hub that hosts many different community groups in our building. We also have a fantastic team of volunteers that support our services and throughout 2020 they have assisted in the running of our Home food Delivery Service.

Although the need for this service has dwindled a little, within the last three months we have provided 708 meals for older and more isolated people in the community and made 292 welfare check phone calls. There are still many people in the local community that need a helping hand or a listening ear and we do our very best to support them in any way that we can. Having said that – we are looking forward to the day that we can open our doors to you all once again.



# Are You A Carer? Do you need support and advice?

Do you provide unpaid care to a friend, neighbour, or family member who couldn't manage alone?

Age Concern Birmingham run the Carer's Contact Centre as part of the Birmingham Carers Hub partnership. Our advisors are available to help carers with help, advice and information, we register carers and also offer a

Statutory Carer's Assessment, wellbeing payments if eligible and information on a wide range of wellbeing services. We also provide advice on welfare benefits and can link carers to information about grants, legal advice on wills and power of attorney and other one to one support.

If you need advice in your caring role, please call us on:

Information and Advice Line – **0333 006 9711** (low call rate)

Mon, Tues, Thurs & Fri: 9am-5.15pm / Wed: 9am-7.15pm

Saturday: 10am - 12.30pm

Email us at info@birminghamcarershub.urg.uk

Visit our website at https://forwardcarers.org.uk/

# Birmingham Carers Hub Specialist Dementia Service

The Birmingham Carers Hub team have all received enhanced dementia training and we have launched a new service offering support to carers of people with dementia. We have also appointed a small team of Specialist Dementia Carer Advisors.

We offer a Dementia Specialist person-centred service, supporting Carers who provide care to someone with dementia. Our advisors understand the challenges of caring for people with dementia and are here to guide and support you throughout your caring journey. We are part of a wider partnership of organisations providing other support to dementia carers such as training and groups, find out more on the Forward Carers website: https://forwardcarers.org.uk/

For information, help and advice, call **0333 006 9711** and ask to speak to one of our Specialist Dementia Carer Advisors, or email: dementiacarers@birminghamcarershub.org.uk



Have you any jobs around the home that need some attention? We are taking referrals for our Trusted Tradesperson Scheme.

We have many different services from mobile opticians and chiropodists to roofers, gardeners and dog groomers. All our tradespeople are DBS checked, vetted and working to COVID 19 guidelines.

We also work with many partners including legal and independent financial advice.

Thinking of a Stairlift? Book your Stannah Stairlift demonstration in Boldmere. Please call one of the team on 0121 362 3650 who can tell you more.

# commenitea cafe



CHEESE AND POTATO PIE WITH BAKED BEANS
COTTAGE PIE WITH VEGETABLES
CHICKEN CASSEROLE
ROAST VEGETABLE PASTA BAKE
ROAST DINNER OF THE DAY

(Please note meals are subject to change)

Meals £4.00 / Puddings £2.00

Each meal is lovingly made here in our Boldmere Café and comes with full heating instructions and are available for delivery or collection

A selection of puddings are also available

Call us on 07432739017 for more details

If you have any concerns regarding self isolation, loneliness or have support needs please call us to discuss how we can help

0121 362 3650

Email: info@ageconcernbirmingham.org.uk

# communitea cafe

Open for takeaway hot and cold drinks, cakes, breakfast, jackets, and much more





Monday to Friday 9.30am till 3.30pm Support your local charity in Boldmere

# communited cafe



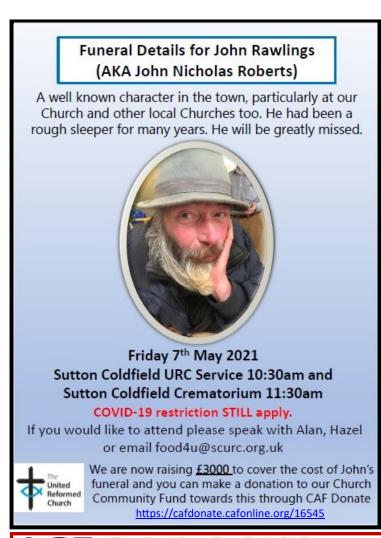


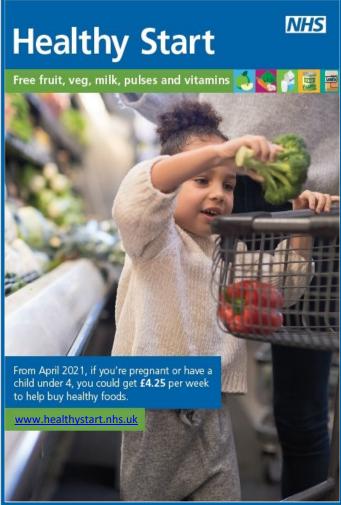


DUE TO NEW LOCKDOWN MEASURES
WE HAVE CHANGED OUR OPENING HOURS FOR TAKEAWAY

OUR NEW TIMES ARE: MONDAY TO FRIDAY 9.30 TIL 3.30

PLEASE POP IN TO SEE OUR DAILY MENU AND SPECIALS 76/78 BOLDMERE ROAD B73 5TJ / 0121 630 2462





# AGE CONCERN Birmingham

Welcome the new year and join us for our quiz on Wednesday 5th May at 8.00pm.

For just £3 you and your family can enter our 20 minute online quiz with a cash prize for the top 3 winners.

All you need to do is register online ahead of the event, then log into the quiz 10 minutes before it begins.

Register at www.virtualquizevents.com or call one of the team on 0121 362 3650 to find out more.

Have fun and raise some funds for Age Concern Birmingham.





# Cafe Oasis

Supporting the Sutton Coldfield Community since 2010



# 3 meals for £10 or 3 meals and 3 puddings £15

Menu changes weekly! Delivery *Tuesday* or *Friday* 

For more information and to register:
Call: 07593 718785 E-mail: cafe.oasis@scurc.org.uk
or find us on Facebook

Free delivery by volunteer drivers. Food is frozen and ready to store or reheat and eat. Full instructions provided.

Cafe Oasis 1 Brassington Avenue, Sutton Coldfield, B73 óAA 07593 718785 cafe.oasis@scurc.org.uk



Supported by the Volunteers and Staff at Sutton Coldfield United Reformed Church. Registered charity No. 1131424

# AGE CONCERN Birmingham



# **Sutton Coldfield Neighbourhood Network Scheme**

We are creating a map of all of the community assets and activities in the Sutton Coldfield constituency, which can help people aged 50+ to lead independent, happy and healthy lives.

Community assets are individuals, groups or organisations who are doing something or delivering an activity, project or service in a neighbourhood setting which older people can benefit from. This can be anything from a lunch club to a line dancing class, befriending to benefits advice, or a support group to a sewing club.

As well as mapping community assets, we are also working with them to sustain and grow the activities and services they offer to citizens aged 50+ in the local area. We can offer a range of support around issues such as marketing and promotion, volunteering, governance and fundraising, and as part of this, we have a micro and small grants scheme which can fund certain activities and projects in Sutton Coldfield.

We also have opportunities for citizens aged 50+ who have experience of social isolation or are carers (looking after someone regularly because they are older, disabled or seriously ill), or who have experience of running a community based activity to get involved in developing the Neighbourhood Network Scheme in Sutton via our co-production group.

For a searchable list of community assets in Sutton Coldfield, and the wider Birmingham area, please visit:

Birmingham.connecttosupport.org



LARGE WHITE TIN, GRANARY OR TIGER BLOOMER £2.00 SMALL WHITE OR GRANARY TIN £1.20 commenitea cafe WHITE SOFT BAPS X 6 £2.00 CRAFT BAKERY PRODUCTS WHITE CRUSTY COBS X 6 £2.00 HERE EVERY TUESDAY FROM 9.30AM PINEAPPLE OR BAKEWELL TART £0.80 BREAD AND CAKES **DELUXE BELGIAN BUN** £1.00 AVAILABLE TO ORDER SYNTHETIC CREAM ÉCLAIR £1.00 PLEASE ASK FOR MORE DETAILS CREAM OR CUSTARD DOUGHNUT £1.00 MILLIONAIRES CARAMEL SLICE £1.00



# Do you need a gardener?

Spring will soon be approaching and our gardeners are continuing to work following COVID19 guidelines.

Whatever your garden needs we have vetted and DBS checked gardeners. Call one of the team on 0121 362 3650 to find out more.





# Teachitright Learn. Develop. Succeed.

We specialise in 11+ tuition, which also includes English and Maths for children aged 8 to 11 years old. Our lessons are engaging, focused and interactive, recognising that the children do not want 'just more school'. A key to our success is having small group sizes and extraordinary qualified teachers who can individualise the support, whilst still creating a fun learning environment.

Even if sitting the 11+ exam is not the end goal for you and your child, then our courses will still complement your child's school work, boost their confidence and inspire them to work to the absolute best of their abilities.

### **Banners Gate Tuition Centre:**

(Reay Nadin Drive, Sutton Coldfield, B73 6UR)

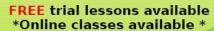
Year 4 Mondays 4:15-5:15pm

Year 4 Wednesdays 4:15-5:30pm Year 5 Saturdays 2:30-4:45pm

Rushall Hall Tuition Centre

(Rushall Hall, Leigh Road, Walsall, WS4 2DS )
Year 4 Thursdays 4:15-5:15pm

Year 5 Thursdays 5:20—7:20pm



Max 10 pupils per p
class Progress reports revery 6 weeks

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To book your place on a FREE Trial lesson call: 01922 863104/07809 614310 or Email: <u>info.birmingham1@teachitright.com</u>

www.teachitright.com
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# Maths Tuition

- Online with zoom (face-to-face if CV19 allows)
- Years 9, 10 and 11. GCSE Maths
- Year 12 A-level Maths
- Semi-retired maths teacher
- Edexcel/Pearson examiner
- Taking on students
- jsw7fr@hotmail.co.uk

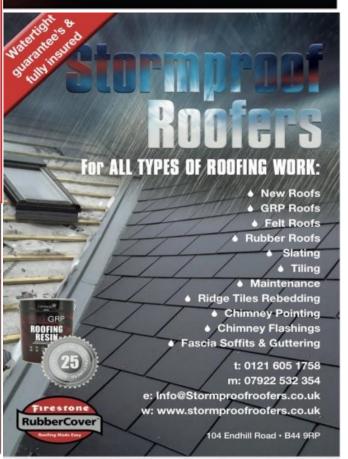
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# IGNITIO EDUCATION www.ignitio.co.uk Recent research demonstrates that up to five months' additional progress can be achieved from personal tuition. Why not try bespoke home tuition from a local,

Why not try bespoke home tuition from a local, experienced, DBS-checked tutor and get ahead for September? Sessions from £30.00 to £50.00.

- Key Stage One catch-up: Years 1 ~ 2
- Key Stage Two catch-up: Years 3 ~ 6
- SATs and Eleven Plus preparation
  - Reading, Writing, EGPS / SPaG focus
  - English Grammar support: any level
  - Spanish to GCSE and A-level
  - French to GCSE and A-level

0780 329 3351





# Chongshin Do Academy of Martial Arts



Kickboxing \* Jujitsu \* Self-Defence \* Fitness



- \* Established in the area for over 20 years \*
- Multi-style martial arts club welcomes students of all ages and abilities \*
  - \* 5 lessons per week at 4 different venues \*
  - \* Enthusiastic and experienced instructors \*
  - \* Four chances to grade a year for lower grades \*
- \* Local and national kickboxing and jujitsu competitions open to all students \*

Contact Steve on 07738 917 821 or Gary on 07921 132 860 or email chong.fouroaks@gmail.com





Blue Coats School Gym WS1 2ND

Kids: 6.00pm-7.00pm

Tuesday Mere Green

Community Centre Adults & Juniors: 7.00pm—8.30pm Wednesday

Sutton Girls' School

dults & Juniors (12+): 7.00pm—8.30pm

All Saints' Church Hall Kids: 6.00pm-7.00pm Adults: 7.00pm-8.30pm



**MIDLANDS** 



Discourage lawless individuals from breaking into your property with the modern security systems we provide for properties throughout Birmingham. Based in Great Barr, we are a small family-run business committed to providing state-of-the-art security systems which effectively protect your property from harm. Primarily serving domestic and commercial customers, we design, supply, install, commission, and service all security systems in full accordance and compliance with the latest British and European standards. From supplying high-tech CCTV systems and Burglar Alarms to installing fob Access Control systems and Fire Alarms, we are the first choice when you want to increase your property's security. To arrange a free, no-obligation consultation for any of the security systems we supply, please get in touch.

Phone no. 0121 386 2639

Email: info@cw-sec.co.uk Website: www.cw-sec.co.uk



# **MOVE AGAINST CANCER**

We are inviting anyone who is living with or beyond cancer, families, friends and healthcare professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer parkrun.

All ages and abilities are encouraged and welcome. Lots of us will be walking.

When: The last Saturday of every month. 9.00am parkrun start. See below for meeting point and time.

Where:

Walsall Arboretum Visitor Centre steps (meet at 8.45am)

Ambassador: Anne Kelsall, Wendy Cole & Sarah Hinkley

It's Free!

Get in touch and let us know you will be coming.

5k your way: move against cancer | ○@cancer5kYourWay

info@5kyourway.org | # www.5kyourway.org

# www.5kyourway.org/register

Don't forget to register with parkrun to get your barcode

# BERT& 6

07917 765238 MARK WILKES JASON WILKES 07411 251964

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E: contactus@tailoredprint.co.uk



# Sutton Park Surgery

See front page





Osteopathy appointments available, with myself, based in the heart of Four Oaks.

Osteopathic Treatment can help with the following;

- Generalised aches and pains
  - Joint Pains
- Osteoarthritis / Arthritic pain
- General, acute & chronic backache
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    - Sciatica
    - Muscle spasms
      - Neuralgia
    - Sports injuries

Call or email me for any questions or appointments on; 07855389528 or stephleesosteopathy@hotmail.com









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# IMPACT Workplace Wellbeing for Young People and Adults

Teach people simple, effective techniques to help them manage stress and improve wellbeing. Give skills for life to:

- Young people in schools, colleges and youth groups
- Adults in the workplace and at home
- People involved in giving and receiving care and support







mind off a lot of things.

# KIND HANDS

IMPACT activities use positive and nurturing touch for early years children, their parents and carers.

Children learn through play to form positive relationships and develop respect for others

- Children's centres
- Family centres
- Nurseries Playgroups

"The way in which our individual setting's needs were considered was impressive." Nursery Head, Bristol

Contact:

The home



loretto.cattell@virginmedia.com



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Christian Fellowship (Pheasey)

Worship and Communion Service Sunday 10:00am

We are a small evangelical group who meet for worship every Sunday morning at the Beacon Church, Collingwood Drive, Pheasey Estate, Great Barr B43 7JL kingswaypheasey@gmail.com

Please look for the Beacon Room - Everyone welcome

The Chemist, M.W. Phillips, at Sutton Park Surgery – 0121 353 9027

### **WDC Service Solutions Ltd**

Complete Door Security and Access Solutions WDC can repair the following products: UPVC WINDOWS, HANDLES, HINGES, LOCKS, ROLLERS FOR PATIO DOORS, SECURITY, UPGRADES, REPAIRS TO UPVC DOORS, TIMBER DOOR REPAIRS, REPLACEMENT DOORS, GARAGE DOOR REPAIRS, REPAIR OR REPLACE, FAULTY CABLES, HANDLES AND LOCKS, REMOTE CONTROLS, REPLACEMENT FOBS, NEW GARAGE DOOR SYSTEMS, FREE QUOTATIONS.

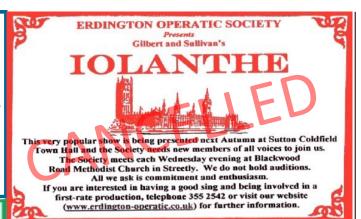
www.wdcservicesolutions.com service@wdcservicesolutions.com sales@wdcservicesolutions.com T: 0121 285 3222
Unit 16 C, Maybrook Business Park, Maybrook Road,

Minworth. B76 1AL

# CREATE at the Gate with K & S

We are a small group of crafters who meet on the first Sunday of every month, between 11.30am and 2.30pm. If you are interested in getting away for a few hours where you can bring whatever craft you wish, come and join us. There is a wealth of knowledge between us and we usually learn something new each month from each other at Banners Gate Community Hall.

There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do.



Banners Gate Community Ital Almost free (£1) Coffee Mominus From 10 3 (a.m. to 1230 p.m. on the following dates: 1/th March, 21 April and 19th May





# we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield. If you would like to know about our service ring the number above Or visit our web site www.newhorizonscounselling.org.

The Banners Gate Community Hall is available at times during the week, including weekends, when we are able to re-open.

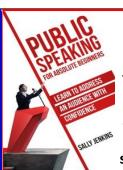
The hall is approx. 38' x 21' (11.6m x 6.4m)

The kitchen is approx. 11' x 7' (3.4m x 2.2m)

The Jarrett room is approx. 13' x 8' (4m x 2.5m)

The ladies has 2 cubicles and a nappy changing table. There is a gents/disabled toilet.

The building is step-free.
For further booking information go to:
www.bannersgatecommunityassociation.org



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admin@luckybuntys.co.uk

HATHA YOGA



**Banners Gate** 

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.



Coins

Badges/Tokens





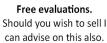
Do you have any of these items?



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### **SWIMMING LESSONS**

for ages 4 and upwards: Tuesday, Wednesday & Friday Evenings

Local Pools ~ All Abilities Badge Work ~ Qualified Instructors 0121 353 6616



# 0 - 13 months Baby Development Class

Wednesdays 9.30, 11.00 and 12.30

Music, singing, exercise, massage, signing, light shows, bubbles, bells, tickly feathers and many more!! For more details:

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

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IG: @kiltrfitness.

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# Personal Training

Looking to lose weight? Improve your fitness? Improve your diet?

Personal training sessions available from £30 p/h at Pure Gym, Sutton Coldfield (+£5.99 for a day pass). Free consultation & monthly packages also available!

Muscle tightness / strains, Joint pain, Sciatica. Shoulder & neck tension, headaches. Sports Injuries (specialized in running injuries).



# Sports Massage 360



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### **HOME TUITION**



Key Stage Two SATs tuition: English comprehension, spelling, punctuation, and grammar.



Spanish and French: leisure courses and exam preparation to GCSE and A-level.

Tracy: 0780 329 3351



DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
Sun (1st) 11.00 –2.00 pm (1st) 4 - 7pm (1st) 7.00pm—8.00pm	Global Communion	Community Hall Community Hall Community Hall	Kathy Weston Pastor Chris 07565	628 6651 65 27 62
` ´ 10.00 am	Family Communion ils see website at www.stcolumb	St. Columba's		354 5873
9.00 am - 11.00am 10.30 am	Loveworld Church Family Worship	Community Hall Banners Gate CC	Ola Samuel 07565 Nigel Willis	65 27 62 353 0230
11.00 am	www.bannersgatechurch.com Chikara Karate Kai	Scout Hall	Paul Murphy 07837	39 57 89
Mon 6.15am - 7.15am 11am - 1.00pm 5.30 - 7.00pm	Stay in Focus Fitness Dementia Care The Girls' Society	Community Hall Community Hall Community Hall	Barbara H-Walker 07872 98 76 10	553 6483
7.30 – 8.30 pm	Line Dancing	Community Hall	Diane Pursall	747 4659
Tues 9.15 - 12.00pm 6.15 am - 7.15am 4.30 - 5.25 & 5.30 - 6.25 6.30 - 7.30 & 7.30 - 8.30 7.45 pm	Coffee Morning 3rd Tuesdays Stay in Focus Fitness IKA Sutton Kickboxing Line Dancing Chikara Karate Kai	Community Hall Community Hall Community Hall Community Hall St. Columba's	Chris Brown 07914 Joe 07864 Diane Pursall Paul Murphy 07837	79 44 56 84 22 99 747 4659 39 57 89
Wed 9.30, 11.00 & 12.30 10.30 - 12.30 6 pm - 7pm 7.15—8.15	Baby Sensory Guide Dog Training Mid-week Service Bible Study I Yoga. Midlands	Banners Gate CC Community Hall Community Hall Community Hall	Tracy Jones 0775 Madge Nightingale Ola Samuel 07565 Angela Brookes 07939	82 56 22 360 0286 65 27 62 547392
Thurs 6.15am - 7.15am 10.00 am 10.00—11.00 am 6.30 - 9.45 pm 7.15 - 10.15 pm (4th & 2nd alt months) 7.30 pm (1st) 8.00 pm	Stay in Focus Fitness Holy Communion Yoga Zig Zag Dance Studio Bridge Townswomen's Guild Mothers' Union	Community Hall St. Columba's Community Hall St. Columba's Community Hall Banners Gate CC St. Columba's	Tricia 07954 Warren 01902 Sylvia Cunnington 07870 Josie Orme Judith Fennell	354 5873 40 39 43 897 900 82 98 37 352 1042 354 4390
Fri 6.00—8.00pm	Make It Happen Dance Co	Community Hall	Mario Ferko 07908	51 76 84
Sat Sat				

# BOOKING SECRETARIES: UNIFORMED ORG

A & R Talliss 353 8166

UNIFORMED ORGANISATIONS: Scouts: Margaret Drummond, 33rd GSL 353 5203 Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191

# Useful telephone numbers

Sutton and Kingstanding Police: 101

Good Hope: 424 2000 Outpatients: 424 2000 NHS Health helpline: Call 111 it's 24/7 Citizens Advice 03444 111 444

# BANNERS GATE COUNSELLING CENTRE

Accessible and Affordable
Counselling to Adults in the
Community.
The Upper Room
St. Michael's House
198 Boldmere Road
Sutton Coldfield
Tel: 0121 354 6544
For information or an appointment
please ring after 10 a.m. daily,
except Wednesday

Gatepost always needs volunteers, to cover illness and holidays, for deliveries of Gatepost - just 20 minutes every other month. Please call 605 4947 for further details if you think you can help us.



Scout Hall

Patron HRH The Princess Royal GCVO

Townswomen Guild meetings are temporarily suspended due to the Covid pandemic and will resume as soon as they are able.

Community Hall mobile: 075 65 54 68 21

Banners Gate CC - June Dadd 07443 22 65 30 St. Columba's - Sallyanne Rowley 693 0084

New members welcome.

If you wish to join our vibrant Guild please get in touch with Josie Orme 0121 352 1042.



### Wanted, a Vice-Chair for the Forum

The job: mainly to stand in for the Chair, if absent, but also to help with new ideas and to assist in maintaining the wide range of speakers we have for each meeting. For further details please call 605 4947.

The 18<sup>th</sup> Sutton Coldfield West Scout Group and the 15<sup>th</sup> Sutton Coldfield West Scout Group have merged and are now named the 33<sup>rd</sup> Headquarters are at the Scout Hut, Coppice View Road. B73 6UE.

# 33<sup>rd</sup> Sutton Coldfield Scout Group,

H.Q. Coppice View Road

Monday Beavers 5.30 p.m. -6.45 p.m. ages 6-8 years Scouts 7.00 p.m. -9.00 p.m. ages  $10\frac{1}{2}-14$  years

Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

Thursday Cubs 7.00 p.m. - 8.30 p.m. ages 8 - 10 ½ years

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com



# Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100

Could you spare  $1\frac{1}{2}$  hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10-14 can continue to enjoy games, projects, badges and outings at Guides.

There are also places available in both Brownie units in September for girls aged 7 or 8.

For more information contact Carol Gardner on 350 7191.

Girlguiding UK

Day/Time

Activity

Mon 6.00 - 7.30pm
Tues 6.00 - 7.30pm
Thurs 5.00 - 6.00pm

Activity

39th Brownies
39th Rainbows

venue	Contact	I el
St Columba's Hall St Columba's Hall St Columba's Hall	Carol Gardner	354 5873 350 7191 354 5873